

Hope Begins With You!

Did you know that

- ❖ **There is a suicide in Utah every 16 hours.**
- ❖ **Utah ranks in the top ten in the nation for completed suicides and #1 in the nation for suicidal thoughts.**
- ❖ **Suicide is the #1 leading cause of death for youth ages 10-19.**
- ❖ **The majority of those individuals who died by suicide showed the warning signs to family and friends.**

You have the opportunity to make a difference.

You have the chance to help save a life.

Learn QPR for Suicide Prevention

- ▶ In less than two hours, you can learn skills on how to Question, Persuade, and Refer to help **prevent suicide**.
- ▶ A certified QPR instructor^s
Diego Acosta and Colby Blackman will be presenters for this workshop.

Date: Saturday, March 26, 2016

Time: 10 AM - Noon

Location: Southern Utah Deaf and Hard of Hearing Program
1067 E Tabernacle, Suite 10 St. George UT 84770

To register: mhigginson@utah.gov (435) 216-9305



Fight the Stigma of Suicide!
ASK A QUESTION - SAVE A LIFE!

